



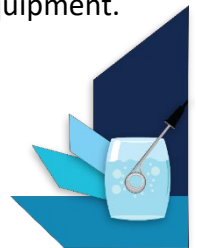
## Safe Work Practices Checklist

Safe work practices are administrative control measures that influence the way individuals work. Safe work practices serve as the first line of defense and help to reduce the likelihood of personal exposure to electrical and heat producing hazards in laboratories. Examples include trainings, standard operating procedures, and standard practices.

### Safe Work Practices — Heat-Producing Equipment

When handling heat-producing equipment, such as immersion blenders and hot plates, it is very important to exercise special care. Which of the following steps regarding the safe use of these tools are accurate? **Check all that apply.**

- You may exceed the manufacturer's temperature recommendation if your laboratory protocol calls for higher temperatures.
- Heat blocks pose no fire risk since there is no open flame.
- Nitrile gloves will protect your hands from heat produced from the heat-producing equipment.
- Immersion heaters and hot plates should be cooled down and stored when not in use.
- Immersion heaters should be used only with stainless steel water baths, never with plastic ones.
- Immersion heaters and hot plates should remain plugged in when not in use.



### Safe Work Practices — Electrical Equipment


In the laboratory, the potential exists for you to be exposed to electrical hazards. Failure to use and maintain electrical equipment properly could result in an electrical shock or lead to a fire. Which of the following guidelines regarding the proper use of electrical equipment in the laboratory are accurate?

**Check all that apply**

- Never turn off electrical equipment, as it may disrupt ongoing experiments or processes.
- Never touch electrical equipment with wet hands or while standing on a wet floor.
- Follow manufacturers' directions for the safe use of electrical equipment.
- Install ground-fault circuit interrupter outlets within 6 feet of sinks.
- Use any available outlet for electrical equipment; they are interchangeable.
- Check cords and plugs to ensure they are not cracked or frayed.
- Do not use extension cords as permanent sources of power.
- Do not connect sever power strips together (daisy chain).
- Do not use run cords across walkways or areas of high traffic.
- Ensure each power strip contains a circuit breaker.



This job aid is a component of the free, on-demand CDC training course "[Fundamentals of Laboratory Safety](https://reach.cdc.gov/training)." Find the course at <https://reach.cdc.gov/training>.

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- Repair minor electrical issues to avoid the hassle of involving lab supervisors.
  - Plug each power strip directly into a wall outlet.

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